



VOL I No. 5

Naval Regional Medical Center, Orlando, Florida

1 April 1979

NRMC CAPTURES BASKETBALL REGIONALS

Congratulations to our NRMC Basketball Team #1 for capturing the South Atlantic Regional Tournament at Naval Station, Charleston, SC! The tournament was held 17 and 18 March. NRMC #1, augmented with selected all-stars from other NTC Orlando intramural teams, was the smallest team in the tournament and decidedly the underdog. However, cohesive teamwork, excellent ball handling and strong rebounding were too much for their opponents.

In the opening game, NRMC convincingly beat a strong team from NAS Cecil Field, 88-75. Stanley Parker scored 25 points and Fred Gardiner scored 20 points. All in all though, it was the team effort which contributed to the win.

In the second game, NRMC reversed the initial opinion of the odds makers and soundly dumped a very tall team from the USS SIMON LAKE by 69-51. Kevin Johnson, team captain, was the high scorer with 18 points. Maurice Shaw and Stanley Parker contributed with 14 and 12 points respectively. In the championship game, NRMC again faced the USS SIMON LAKE defeating them in a squeaker, 71-70. SIMON LAKE started fast and led by 4 points at the half. The consistent shooting by Stanley Parker, the game's high scorer with 27 points, was the only thing that kept NRMC in the game. The superior height advantage enjoyed by SIMON LAKE was almost too much for the smaller NRMC team. After a team conference and pep talk at half time,

the team regrouped and led by as many as 11 points during the second half. With some scoring support from Fred Gardiner's 16 points and Kevin Johnson's 12, NRMC managed to hold on and win by one point. According to the team coach, LT Lonnie Crafton, NRMC overcame the stronger teams in the tournament by solid teamwork and togetherness.

NRMC #1 breezed through the regular NTC Intramural League season, with a 12 and 1 record, winning their second championship in as many years. The team's overall record for the past two years, including playoffs and tournaments, is 33 wins and 2 losses. Not too shabby.....!

NRMC won the first annual South Atlantic Area IV Tournament held here at Orlando by beating the Naval Security Group Detachment from Homestead AFB, two games to one. In the first game, NRMC played exceptional defense and romped to a 70-42 win. Mike Vinisko, chosen from the NPS team, was high scorer with 19 points. In the second game, an over confident NRMC team let their defense falter and lost 62-57.

In the third game, NRMC got back on track, and gained an early lead which they never relinquished. Final score 77-60. Ball handling and the fast break proved to be the prime ingredients needed for winning the championship game.

See Page 5 for photos of the champions!

THE ENTIRE STAFF AT NRMC AND THE NAVAL TRAINING CENTER, ORLANDO, ARE EXTREMELY PROUD OF THIS FINE ACCOMPLISHMENT. ATTABOY TO ALL TEAM MEMBERS!

HAPPENINGS**We're Sorry You're Leaving!**

CAPT H. W. WILHELM, MC, to
retired list
LCDR I. O. CARTEE, CHC, to 3rd
MARDIV Okinawa
LT H. T. BOLSTER, MSC, to NRMIC,
Charleston, SC
HM2 George E. TERRELL to NavHosp,
Rota, Spain
HM2 Arnold G. THORGERSON to NARMIC,
Pensacola, FL
HM3 James E. GRAVES to First Marine
Brigade, Kaneohe, HI
HM2 James H. WALLER to NOSA,
Yorktown, VA
HM2 Norman J. GRUBB to civilian
life
HM2 Noretta HARDING to civilian
life
HM3 Rebecca L. JOHNS to NRMIC,
Naples, Italy
HN Debra A. MANGOLD to civilian
life
HM3 Linda S. POLIKOWSKY to NRMIC,
GLAKES, IL
HN Judith M. DONAHUE to civilian
life
HM1 Oscar M. SALINAS to PMT School,
NRMIC Oakland, CA

We're Glad You're Here!

LT W. E. NEIRYNCK, NC, from NavHosp
Beaufort, SC
HR Mark W. LAWRENCE from NSHS, SDIEGO
HM2 Robert N. JOPPY from NRMIC,
Oakland (Med Tech School)
HA Gary D. PETRON from HCS GLAKES
HN Gitthaline A. MULLIGAN and
HR Gail M. PROVOST from HCS GLAKES
HM3 Anthony MATTHEWS from 2nd MAW,
Cherry Point, NC

Congratulations To Our Reenlistees

HM2 Susan G. FOX
HM3 James E. GRAVES
HM2 George E. TERRELL
HM1 Randell R. BRATSVEN

It's A Boy!

HM2 Norman GRUBB and his wife
Mary are very proud of Scott Patrick
GRUBB who arrived on 4 March 1979 at
a hefty 8 lbs 4 ounces! Congratula-
tions to the GRUBBS!

WHOOOIZZIT??

DO YOU KNOW THIS STAFF MEMBER??
(Answer on Page 8)

VITAL SIGNS STAFF

Editor:
HMCM(SS) R. C. Clements, USN
Managing Editor:
Mary V. Van den Heuvel
CDR N. J. Stewart, NC, USN
HM1 G. A. Coy, USN
HM2 S. P. Foster, USN
HM2 R. G. Greene, USN
HM3 D. A. Shelley, USN
HA E. Kehoe, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publications and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

Content of this publication does not necessarily reflect the official views of the Department of Defense. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, H-00B-1, Bldg. 3000, by noon of the 16th of the month.

VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS appropriate credit must be given.

RAMP

PAGE!



By HA Eileen Kehoe, USN



HN Black, Ward 11: It's not working out right as people are only allowed 45 minutes for chow and by the time you get your tray and food and sit down to eat, you've already wasted 25 minutes. Therefore, I think they should put those civilians back to work. Give us back that service we used to have.



HN Patterson, FamPracSvc: It slows everything down! I hope they start serving us again.



HM3 Hegdahl, Lab: I think it stinks because of the fact that it takes too long. I end up spending most of my lunch break waiting in line to get something to eat and I can imagine how bad it is for the ward personnel who only have a half hour for lunch.



HM3 Lloyd: Int. Medicine Clinic: It's basically a good idea but it's very slow. We have long lines running outside on the ramp. There were lines before but people moved through rather swiftly but now it's just lines moving very slowly. With only 45 minutes for lunch it's rough getting in.



T. Van Ells, Dining Hall: I think it's great, I really do. It relieves the cooks from serving on the line, so they can go in the back and start advance preparations on the next meal.



What do you think about the new self service in the

Dining Hall?



Wm. Rice, Dining Hall: I think it's the best thing since canned beer.



Ari Barnes, Dining Hall: It's great! It's wonderful! It's more work for us but this way people can get just what they like. They don't have to ask anybody and they can move on. It's a little slow right now but once they get used to the system, it will be fantastic for them. People can pick whatever they like and have as much as they want which is much better.



HA Rothert, Ward 11: For breakfast and dinner it's very good as fewer people eat there during those hours. However, at lunch time it is very inefficient as it doesn't give the people on duty during the day enough time to eat. The line is a mile long!



Federal Women's Program
By Carolyn Smith, NRM's FWPM

HI!

Let me introduce myself - I am your new Federal Women's Program Manager. I hope to follow in the footsteps of Stella and Gail by presenting worthwhile programs. I can only do this with your help, so any ideas and suggestions will be greatly appreciated.

APRIL PROGRAMS

We will have two programs this month. On April 10th, Dr. Hegert from Orange County Medical Examiner's Office will give a program on "Child Abuse" and on April 17th, we will have another....

"CAPTAIN'S CALL"

Since the Captain must have time to re-search his answers, please submit your questions to me as soon as possible.

.....

DON'T MISS THESE TWO PROGRAMS!!!! THEY ARE PLANNED ESPECIALLY FOR YOU!

NRM's Sailor of the Quarter



MM1 Joseph M. Huggins, USN, Security Service, has been selected as the Sailor of the Quarter for the period January - March 1979.

Petty Officer Huggins was selected for his outstanding performance, devotion to duty, loyalty to the command and the Navy, and for furthering the ideals and traditions of the naval service.

The Ten Commandments of a Hospital

1. THE PATIENT... is the most important person in the hospital.
2. THE PATIENT... is not an interruption of our work - he is the purpose of it.
3. THE PATIENT... needs us, but do not consider that we are doing him a favor by helping him to become well again.
4. THE PATIENT... is a part of our hospital -- not an outsider.
5. THE PATIENT... is not a cold statistic -- he is a flesh and blood human being with feelings and emotions like our own.
6. THE PATIENT... is not someone with whom to argue or match wits.
7. THE PATIENT... is deserving of the most courteous and attentive treatment we can give him.
8. THE PATIENT... is the person who makes it possible to pay your salary whether you are a good service worker, an office employee, a nurse, a physician or whatever.
9. THE PATIENT... is the lifeblood of this and every other hospital.
10. The TENTH COMMANDMENT must come from YOU! Find some constructive commandment of your own which will help the patient. Follow that commandment and although you may never get credit for doing so, you may find your reward in knowing that perhaps you helped someone who was ill get through a day of pain and despair just a little easier than they would have otherwise! Anonymous

Oakleaf Auxiliary

The Oakleaf Auxiliary monthly luncheon will be held on April 5th at the Designer House. Everyone will meet at 10:30 a.m. for a tour of the twenty-seven beautifully decorated rooms. After the tour, we will enjoy luncheon in the Tea Room.



Maurice Shaw
Forward



Mike Vinisko
Center



Raymond Clark
Guard



NRMC'S SOUTH ATLANTIC REGIONAL CHAMPIONS



Ted Williams
Forward



Kevin Johnson
Guard



Perry Grisdale
Forward

Transferred and not pictured -
Fred Gardiner - Guard



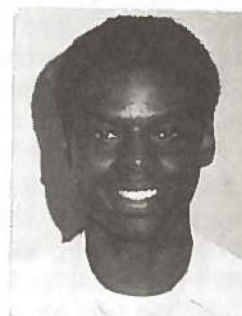
Steve Wakefield
Guard/Forward



James Williams
Forward/Center



LT Lonnie Crafton, MSC
Coach



Stanley Parker
Forward



1 April 1979



Chaplain's

Comments

By LCDR I. O. CARTEE, CHC, USNR

THE GIFT OF A THORN

Some of the most beautiful roses are found among the sharpest thorns. That is not only a fact, it is a truth of life. Roses are enjoyed by so many of us. Without any doubt, no other flower is as well known and loved the world over. What a compensation it is to see them in bloom. It always seems that they don't last long enough. Each bloom is different in shape and size, and the memory of each rose's glory lingers and warms one's mind. It's form, elegance, grace, charm and unadorned beauty is a thing to behold, a sight to be seen; it's fragrance, a lingering delight. Often I have thought of the Apostle Paul when I have walked and worked among the roses. What a strange gift God gave to Paul, a sharp, irritating and annoying thorn. In his letter to the Corinthians (2 Corinthians 12:7-10) Paul wrote that "lest I should be exalted above measure, there was given to me a thorn in the flesh." The thorn in Paul's life accomplished a Divine purpose. One is left with a feeling that there was no question in Paul's mind about that. It hindered him, but it also humbled him and helped him. A divine insight came to Paul. God said to Him: "My grace is sufficient for thee: for my strength is made perfect in your weakness." Whatever Paul's "thorn in the flesh" was, it contributed in a significant way to his sanctification, for he wrote: "Most gladly, therefore, will I rather glory in my infirmities that the power of Christ may rest upon me. For when I am weak then I am strong." Painful experiences have often proved to be a blessing when rightly viewed. When we accept them as gifts from God's gracious hand, we will know that such "thorns" are connected with the "Roses of Grace" whose eternal fragrance makes our lives more meaningful and precious. If you are experiencing what to you is a "thorn in the flesh" remember, some of the most beautiful roses are found among the sharpest thorns.

PIPE

NINE



HMCM J. H. PHILLIPS, USN

CHART YOUR OWN COURSE

Are you reaching your PRD? Your projected rotation date is important in that you should be taking some personal action. Assuming that you are now four months away from your PRD at NRMC Orlando, your personal Enlisted Assignment Document (EAD) is on your detailer's desk. This occurs in the first week of each month. If your PRD is August (the 8th month), the HM detailer will receive your EAD the first week of April (the 4th month). Discuss it with our career counselor and then call your detailer -- tell him where you'd like to go! The detailer gets a listing called a requisition every other Monday which indicates where the valid billets are. Therefore, call on Tuesday, Wednesday or Thursday. If you do not call, your detailer will look at your latest duty preferences on file. Remember, the needs of the service must be taken into account, but your desires can often fill these needs.

CRA Announces Spring Picnic

The spring picnic for civilian employees will be held on 20 April at the Hospital Picnic Area (across the street from OB/GYN) from 11:00 a.m. to 1:00 p.m. It's all free so spring right over and enjoy.... we would like to see everyone attend.

April Birthdays

CRA BIRTHDAY GREETINGS TO: Wilson Maddox on 3 April; Coke Berryman on 4 April; Harry Belch on 11 April; Regina McKelvy on 13 April; Carol Glassmire on 14 April; Dionisio Aspiras on 19 April; Frances Hodges on 23 April; Linda Proffitt on 24 April; Vernon Ritchie on 25 April; and Blondeen Hammons on 27 April.

NURSING

SERVICE

CDR N. J. Stewart, NC, USN

ATTITUDE

Everything we do, how we feel, our moods, causes some effect on others and can affect our success or failure. Good attitudes breed good results, bad attitudes, bad results.

We have the God given ability to change our attitudes and once new habits are learned, our entire lives change. It's like walking out of a dark tunnel into the bright sunshine.

We must be happy with ourselves in order to have positive feelings toward others. We've all encountered unhappy, frustrated, miserable people. They don't like themselves, you can be sure. They are human magnets for unpleasant experiences created by their poor attitude, a self-generated doom fulfilled cycle. But the same principle holds true for good attitudes. If you expect the best, that is what you get.

We also know people whom we feel have been successful because of luck, or they possess talent that we lack, or are more brilliant. Rarely do they have any more than you or me. What they do possess is the right attitude. They don't sit around and wait for others to change around them. They recognize the problem and adjust their attitude accordingly.

The easiest and most effective means of forming a good attitude is to start acting as though you already have it. One of our deepest cravings is for self-esteem, to be needed, to feel important, to be appreciated. There is not one of us who won't give our respect, support, and loyalty to the person who fills that need. Actions trigger feelings just as feelings trigger actions. Success is the result of a good attitude. Attitudes are not the result of success.

Start coming to work with the attitude you'd have if you were the most successful person in this hospital and see

how quickly it becomes a habit and how it affects others. When any other person acts in a manner that shows their ignorance and lack of courtesy, don't let their misery affect your good attitude. Our personal appearance, personal behavior, pride in what we do and physical well being are all reflections of our attitude.

82 YEARS YOUNG AND STILL


VOLUNTEERING!




CAPT W. J. Scheffstad thanks Carrie Katsos for her 21 years of devoted service.

Carrie Katsos, 82, has been a Red Cross Volunteer in the OB/GYN Clinic for the past 21 years. She has been a "standby" for Dr. Scheffstad since the day he arrived at NRMC as Chief of OB/GYN in July 1968. She works as a chaperone on a regular basis of 3 days a week. When not working as a "standby", she volunteers her time in making up admission charts, making cotton swabs for the Clinic and OB Ward and any other jobs she might be asked to do. If the Clinic needs her as a "standby" on one of her "off days", Carrie can be counted on to fill in. She not only has endeared herself to the OB/GYN Staff and other volunteers but to the patients as well. Carrie has become a very important part of the OB/GYN Clinic and her devotion to the needs of this Clinic is outstanding.





**ASK
THE
SKIPPER**



CAPT J. A. ZIMBLE, MC, USN

The four weeks since the last issue of Vital Signs have gone by all too quickly. During that time, I have received no questions, comments, suggestions, or letter bombs, either signed or anonymous. Perhaps the old adage that it is "lonely at the top" is true. Is morale so low that no sailors are griping? Nothing worries me more than your abject apathy. As I requested in VOL. I, No. 1 of Vital Signs, please send in your comments or questions by note or phone to HMCM Clements, X4313 or directly to me.

Since I have no such deluge of questions from which to choose, I suppose I must submit my own question:

Question: Why doesn't everyone shipover?

Answer: Now that's a tough question! There are, of course, many, justifiable reasons. The Navy is just not meant to be a career for everyone. Many leave to pursue successful civilian careers which offer opportunities not available in the Navy. Others leave because they find they are not suited to the military climate. However, some Navy people leave because of perceived personal or professional conflicts, which I might help correct if given half the chance. Retention of well trained productive members of the Navy Medical Department, either here at NRMCM Orlando, or at any other duty station is extremely important to me. Certainly retention of the well-trained and dedicated is worth more than recruiting the uninitiated and unknown. Each member of this staff is unique and valuable to this organization. I am anxious to help in the enhancement of your job satisfaction, career potential and personal comfort.

Consistent with the missions of this hospital, count on me as your advocate. I enjoy participating in reenlistment ceremonies. You can certainly improve my morale by participating also!

the Family Line



By CAPT C. VICTOR ROMANO, MC, USNR

FAMILY LINE QUIZ

1. In about 40% of all sterile marriages the cause lies with the _____.
2. The average American drinks about _____ gallons of coffee each year.
3. A human being would have to walk approximately _____ miles to burn up the calories in a chocolate sundae.
4. A human being has _____ muscles.
5. Among _____, poisoning is the most common method of suicide.
6. A normal, healthy person moves in his sleep about once every _____ or _____ minutes.
7. _____ is the fourth-ranking cause of insanity in the U.S.
8. The first Cesarean operation in the U.S. in which both mother and child survived was performed by Dr. John Lambert Richmond at Newton, Ohio, on April 22, _____.
9. The letters RX on a doctor's prescription means "_____".
10. A pig always sleeps on its _____ side.

ANSWERS

- | | |
|---------------|----------------|
| 1. Husband | 5. women |
| 2. 52 | 4. 639 |
| 3. 5 | 9. "take thou" |
| 7. Alcoholism | 8. 1827 |
| 6. 7 or 8 | 10. right |

WHOZZIT?



Joyce L. Sienia
Patient Affairs
Service